

WESTFORD COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2015

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene Jungbluth Lead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Marie Lawrence Nutrition Site Manager
Christopher Mitchell Maintenance
Peter Murphy Evening Supervisor
Katherine Russell Vol./Act. Coordinator
Helena Crocker Chair

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Ret. Chief George Rogers,
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Edward Greenwood President

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Richard Severyn Vice President
Joyce Cederberg Secretary
Joyce Newton Treasurer
Barbara Upperman Asst. Treasurer

**CAMERON SENIOR CENTER WILL BE CLOSED LABOR DAY, MONDAY,
SEPT. 7**

SEPTEMBER – Celebrating National Senior Center Month!

LIVE THEATER SHOW – Friday, Sept. 18, at 1 p.m.

“The Funniest Woman EVER (Totie Fields)” – Come join us for this delightful live, two-person performance that centers around the inspiring, hilarious Totie Fields, a woman that Ed Sullivan and Merv Griffin called “The Funniest Woman EVER!” “Totie” will perform some of her funniest stand-up comedy routines along with singing, joking about shopping, food, her husband and adult children and will interact joyfully with her audience. A celebration with root beer floats follows the performance. A fun time for all!

In past years, the Delvena Theatre Company has presented “All the President’s Women” and “Meet Julia Child.” This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Call 978-692-5523 to sign up.

BLOOMING BEAUTY



On behalf of everyone here at the Cameron Senior Center we would like to thank Polly, a member of our center, for volunteering countless days and weeks beautifying our landscape. What a gift!!

Director's Message

What fun cookouts we've had this summer! Thanks to **Dave Loiselle** and **Bill Vullo**, our acclaimed "grill masters"; **Rep. Jim Arciero**, the **Kiwanis Club** and **Friends of the Cameron** for sponsoring these memorable gatherings – and **Upbeats Band** for their fantastic music.

It's nice to walk through the center and see people visiting, laughing together over quilting, before exercise class, over a game of pool, enjoying breakfast and/or lunch together. I hope all your visits at the Cameron will be uplifting. The COA staff are enjoying bringing new programs, trips and other opportunities for all. So, keep your suggestions coming! Speaking of suggestions, recently at a Grill Night, I was asked if the center could have a trip to Revere Beach to see the sand castles, and with fast collaboration with our Program and Transportation Coordinators, that happened. A great time was had by all. Thank you, **Ann Miller**, for being our supervisor on that trip.

Also, I would like to thank **Alison Christopher**, COA Social Worker, for overseeing the **Senior Work-off Abatement Program** with the wonderful help of **Pat Reppucci**. What a team they made and with the help of the following town departments: **Library, Health, Housing, Permitting, Miller School, Public School Central Office, Town Collector and Cameron Center**. We are pleased to have 25 participants in this year's program.

Lastly, don't miss the new **Cameron Fitness Camp** taught by **Kim Vespucci**, Certified Personal Trainer. See the *Fitness & Exercise* section on page 4 for more into. Also, take advantage of the free open time for non-members to use the Fitness Center to see if it would be a good alternative for their exercise needs. More new program opportunities can be found in this September newsletter.

– *Jennifer Claro, Director*



The

Cameron Center is grateful for receiving a \$5000 award from the TJX Foundation (TJ MAX), which will help support our social services programs. Thanks to Alison Christopher (left) and previous Interim COA Director John Mangiaratti for their work on the grant application. Also pictured, right, presenting check is Tammy Chouinard, TJX store manager.

News and Events

FLU / PNEUMONIA CLINIC

Wednesday, Sept. 30, from 12:30 to 3:30 p.m. at the Franco American Club. Westford Health

Department's Fluzone Walk-In clinic is for seniors 65 or older.

**** High-Dose Fluzone ONLY for those 65 and Older ****

Residents are asked to come at times scheduled by the first letter of their last name.

A-H 12:30 - 1:30 p.m.

I-Q 1:30 - 2:30 p.m.

R-Z 2:30 - 3:30 p.m.

Homebound individuals who require a home visit should contact the Health Department at 978-692-5509 to schedule an appointment.

These vaccines will NOT prevent illness caused by other viruses. It takes up to 2 weeks or more for protection to develop after the vaccine. Protection lasts about a year.

Anyone allergic to egg cannot receive this vaccine.

GOLF AT KIMBALL FARM

Wednesday, Sept. 9, at 10:30 a.m. Come enjoy a round of mini-golf. All-inclusive \$17 fee includes lunch – choice of hot dog or hamburger, a drink and kiddie ice cream. Fee is due upon registration. Call 978-692-5523 to register. Arrive at Kimball's and sign in at 10:15 a.m.

ITALIAN SAUSAGES

Thursday, Sept. 10, at 11:30 a.m. Chef Bill Vullo will be grilling his famous Italian sausages, peppers and onions for all to enjoy. We will be eating Indoors. **Doors open at 11 a.m.; lunch will be served at 11:30 a.m.** Charge is \$2. Caesar salad and drinks will be provided, but please bring a dessert to share. **Reservations required.** Call 978-692-5523 by Tuesday, Sept. 8. Clean up crew needed.

GENEALOGY PRESENTATION

Thursday, Sept. 17, at 10 a.m. A trio of local genealogists will discuss different aspects of genealogy. Dave Welsh will address getting started with family research; Patti Mason will discuss lesser-used sources: newspapers, city directories and FindAGrave.com; and Bob Oliphant will talk about Canadian and Swedish research using Ancestry.com. Starting in October, private one-on-one consultations will also be available. Call 978-692-5523 to arrange a mutually-agreeable time.

KIMBALL GOLF TOURNAMENT

Wednesday, Sept. 23, at 9 a.m., at Kimball Farm. The 16th Annual "Cameron Classic" is upon us! All-inclusive \$17 fee includes 18 holes of pitch and putt golf plus lunch – choice of hot dog or hamburger, drink and kiddie ice cream. Fee is due upon registration. Call 978-692-5523 to register. Arrive at Kimball's and sign in at 8:45 a.m.

SPAGHETTI SUPPER

Wednesday, Sept. 30, from 4 - 6 p.m.

Come enjoy nice Italian fare sponsored by the Friends of the Cameron Center. David Loiselle is planning a sumptuous dinner – and wine will be available for purchase. Charge is \$2. Please bring a dessert to share. **Reservations required.** Call 978-692-5523 by Friday, Sept. 25. *Clean up crew needed.*

FALL YARD CLEANUP – Sign-up by Friday, Oct. 9. Due to the increasing requests for this service and limited number of volunteers, we ask that residents sign-up *only if they have no other means for yard work to be done.* **We will do our best to solicit volunteers and match volunteer groups with residents, but we will be prioritizing seniors with a demonstrated need -- financial, physical, etc.** Call 978-692-5523 to add your name to the request list -- but, please know that we cannot guarantee service. For questions, call Annette, Outreach Coordinator, at 978-399-2326.

HARVEST FAIR

Friday & Saturday, Oct. 23 & 24, from 8 a.m.- 2 p.m. Sponsored by the Friends of the Cameron Senior Center. Start your holiday shopping early and come enjoy a day of camaraderie! There's something for everyone: handmade and quilted items, penny sale, wonderful baked goods, jewelry, Cameron Senior Center apparel, white elephant table, raffles, silent auction and food (hot dogs, soda, donuts and coffee). All proceeds support programs and services of the Cameron Senior Center. The public is welcome to rent a table – just \$15! Call 978-692-5523 for an application.

BIRTHDAY CELEBRATIONS

If you have a September or October birthday, please join us for cake and ice cream in the Welcome Area at the

Food & Friendship

Cameron. Please RSVP to 978-692-5523 at least two business days ahead:

- **Thursday, Sept. 24, at 12:30 p.m.** for those born in September.
- **Thursday, Oct. 29, at 12:30 p.m.,** for those born in October.

BREAKFAST – Monday-Friday from 8:30 - 9:30 a.m. Includes: oatmeal, muffin, milk and juice. Breakfast to go is also available. Stop at the front desk to sign-in. Limit one breakfast per person per day.

MEN'S BREAKFAST – Tuesday, Sept. 8, at 8 a.m. Geoff Hall will present a slide show about Parker Village. RSVP at least two business days ahead to 978-692-5523 or achristopher@westfordma.gov. Next breakfast: Oct. 13, Gail Johnson, BSN, R.N., Public Health Nurse, speaking on fall prevention and healthy living.

WOMEN'S BREAKFAST – Thursday, Sept. 10, at 8 a.m. RSVP at least two business days ahead to 978-692-5523. Gail Johnson, BSN, R.N., Public Health Nurse, Westford Health Department, will present "Fall Prevention

and Healthy Living in Older Adults," including: consequences of falls; safety precautions to prevent them; needed vaccines for healthy living; and medication safety. Next breakfast: Oct. 8 - Geoff Hall's presentation on Parker Village.

LUNCH – Monday - Friday at 11:30 a.m.

The Merrimack Valley Nutrition Program, administered by Elder Services of Merrimack Valley, provides anyone age 60 and over with low-cost nutritional meals at Cameron. Lindley Food Service is the caterer. For reservations, call 978-692-5523, between 8–10 a.m., a minimum of two days in advance. Donation is \$2. If spouse/partner is under the age of 60, the cost is \$4.50.

LUNCH & LEARN PROGRAM

Please RSVP at the Front Desk or 978-692-5523 for these free programs, so we can plan food quantities. The first 18 people are guaranteed food. Space is limited.

- **Friday, Sept. 11, at 12:15 p.m.** A dermatologist from Emerson Hospital will talk about the dangers of sun damage. Sponsored by Emerson Hospital.
- **Friday, Oct. 16, at noon.** Come learn about **Habitat for Humanity** and the wonderful services they offer the community. Lunch will be served at 12:15 p.m. and the program runs from 12:30 to 1:30 p.m. Discussion will include: Habitat's Mission, Critical Repair program, Cars for Homes donation program, RESTORE thrift shop and volunteer opportunities.

RESTAURANT REVIEW

Wednesday, Sept. 30, at 11:30 a.m. – Thai Jasmine, 313 Littleton Rd., Chelmsford. Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

GAINING GROUND

Gaining Ground, a non-profit organic farm in Concord, MA, helps many communities by growing and donating fresh vegetables and fruits to meal programs and food pantries in the area. All are welcome. Food is distributed **Thursdays at 12:30 p.m. at the Cameron.**

MEALS ON WHEELS – Monday through Friday.

Along with traditional meals, five special diets are now available to clients, with a doctor's authorization. Meal deliveries are to your door, Mondays - Fridays, around noon. Call 1-800-892-0890 to register.

VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.

BLOOD PRESSURE & MORE – Health screenings including: a blood pressure reading, medication review, weight check and an opportunity to discuss other concerns are available at the Senior Center:

- **Tuesday, Sept. 8, at 9 a.m.** with Board of Health.
- **Monday, Sept. 28, at 8 a.m.** with Circle Home, Inc.

Health & Wellness

BOARD OF HEALTH CLINIC

Monday, Sept. 14, from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with Dr. Megan from HearSmart Audiology of Littleton. By appointment only. Call the Board of Health at 978-692-5509 to book your 40-min. appointment.

PODIATRY CLINIC – Monday, Sept. 14, at 9:30 a.m. Podiatrist is Dr. Aileen Gregorian. Advance appointments are necessary. Call: 978-692-5523. **Cost is \$30.**

SHINGLES CLINIC – Thursday, Sept. 24. Free shingles vaccinations for adults age 60 and over will be administered by the Westford Department of Health. The Zostavax vaccine was developed to help prevent painful and potentially serious episodes of Herpes Zoster (shingles). Thanks to generous funding from Lowell General/Circle Health, Emerson Hospital, Whitney Herrick Foundation, Westford Charitable Foundation, Westford Rotary, and Friends of the Cameron Senior Center. If you have ever had chicken pox, you could be at risk for developing shingles. The Herpes Zoster virus, although dormant for years, can resurface at any time.

FLU / PNEUMONIA CLINIC – Wednesday, Sept. 30. For info, see *News and Events* on page 2.

CAMERON FITNESS CAMP – NEW

Starts **Wednesday, Sept. 9, at 1:30 p.m.** A twelve week **FREE** group training, suitable for all levels from beginners to advanced. Classes include: cardio components for cardiovascular health; weight or resistance training for bone health and posture; and dynamic and static stretching for improved range of motion, balance and flexibility.

Fitness and Exercise

Instructor Kim Vespucci is a National Personal Training Institute (NPTI) certified trainer and owner of Legit.Fit in Acton. Kim has worked with all ages and abilities, and specializes in beginner and experienced training and nutrition programs. All Welcome. To sign-up, call 978-692-5523. **Maximum 12 participants**

BONE BUILDERS – Balance & strength building

- **Mondays & Wednesdays at 9:30 a.m.**
- **Tuesdays and Thursdays at 1 p.m.**

To enroll, call 978-692-5523. Stop by to complete required paperwork prior to starting a class.

Volunteer leaders wanted for Bone Builders classes. Contact Pat FitzGerald at pfitzgerald99a@verizon.net or at 978-621-7734 for information.

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

T'AI CHI – Mondays at 1 p.m. Open to new participants Register at 978-692-5523.

As your Outreach Coordinator, it is my honor to serve you and assist in any way possible. A few examples:

- If you are seeking companionship, I can help you meet a wonderful Friendly Visitor;
- If you are having trouble with paying bills, I can help you set up automatic bill pay;
- If you have a home maintenance need, I can help find a handyman or community organization that may help.

Please know we take your concerns and needs seriously and will do our best to find a solution. Feel free to contact Annette, Outreach Coordinator, anytime at 978-399-2326.

Outreach & Support

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support groups.

For info, contact Outreach Coordinator Annette, or Social Worker Alison, at 978-692-5523.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

COMPANION & RESPITE CARE – Provides supervisory care for those age 60 and up and/or disabled residents to allow caretakers a time of rest. Available days, evenings, overnights and weekends, on a temporary or permanent basis. For information, call Chelmsford Senior Center at 978-251-8491.

CAMERON FITNESS CAMP – NEW

Starts **Wednesday, Sept. 9, at 1:30 p.m.** Free group training, suitable for all levels from beginners to advanced. See *Fitness and Exercise* on page 4.

DE-CLUTTERING GROUP – NEW—FREE

Starts **Thursday, Sept. 24, from 3-4 p.m.** and runs for 10 bi-weekly sessions. Colette Coleman, MSW, LICSW, will lead this group. We ask that participants commit to attending all 10 sessions. Each meeting will feature a different topic related to de-cluttering and related

New Activities

challenges. The group is almost full, but call Alison at 978-399-2325, as we may have cancellations or openings.

MAHJONGG – NEW—LESSONS

Starts **Monday, Sept. 14, from 1-3 p.m.** A new, weekly Mahjongg class for beginners! For more information or to sign up, call Jane at 978-692-2260. Regular scheduled weekly Mahjongg games resume **Thursday, Sept. 17, from 1-3 p.m.**

MEMOIR WRITING -- NEW

Starts **Friday, Sept. 11, at 1:30 p.m.** and will continue weekly through the month of September.

ROUDENBUSH WATERCOLOR CLASS AT CAMERON

A six-week art class for beginners, taught by Cynthia Van Horne Ehrlich, will be offered at the Cameron Senior Center, **Thursdays, Sept. 17 – Oct. 22**, from 10-12 a.m. All supplies will be provided. Total cost is \$15. The class is partially funded by the MA Cultural Council. **Please call Roudenbush to sign up at 978-692-5511.**

THANKS TO THE GENEROSITY OF THE FRIENDS OF THE CAMERON SENIOR CENTER, THESE PROGRAMS ARE FREE. PLEASE CONSIDER A DONATION TO THEM.

CONFIRM CLASS DATES AND TIMES WITH YOUR INSTRUCTORS.
NOTE: ACTIVITIES ON MONTHLY CALENDAR PAGE 9
WE INVITE ALL TO PARTICIPATE

BILLIARD TABLE – We received a new billiard table from the Friends of the Cameron Senior Center! Two tables are available for your enjoyment **Monday through Friday 8 a.m. - 3:30 p.m.** If you want to partner up,

Ongoing Activities

players are available Tuesdays & Thursdays at 8:30 a.m.

BINGO – **Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m.** Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

BOWLING – **Wednesdays at 9:00 a.m.** at Brunswick Lanes in Lowell. There is a fee to bowl. Seeking 3-4 people to form another team. Call Jack at 978-692-7889 for information.

INTRO-COMPUTER – Interested in learning basic computer skills? Call 978-692-5523 to sign up. Instructor Mary Eve will set up a convenient time. We have WiFi.

MONTHLY MOVIES

Movies will be shown monthly on Fridays, at 1:30 p.m. in

the Cameron Sitting Area. Please sign up at the front desk 978-692-5523 if coming.

- **Sept. 25** – "The Bucket List" (2007) with Jack Nicholson and Morgan Freeman.
- **Oct. 9** – "Second Hand Lions" (2003) with Haley Joel Osment, Michael Caine and Robert Duvall.

To suggest future movies, call Katie at: 978-399-2330 or email: krussell@westfordma.gov.

WATERCOLOR CLASS – Tuesdays, 10 a.m.-12 p.m., starting Sept. 15. If you enjoy painting, please join us!

ASK THE LAWYER – Tuesday, Sept. 15, at 9 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, Sept. 10 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

Support Services

MEET THE REALTOR – Monday, Sept. 14, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

VETERANS SERVICES – Meet with the Westford Veterans' Agent/Veterans Service Officer Terry Stader on Thursdays between 8 a.m. and noon at the Cameron Senior Center. His regular office, located in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

SHINE – **Monday, Sept. 14, at 1 p.m.** Serving the Health Insurance Needs of Everyone. For an appointment to answer your health insurance questions, call the Cameron Senior Center at 978-692-5523.

MEDICARE OPEN ENROLLMENT – Oct. 15 - Dec. 17

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September outlining changes to be made for 2016. It is important to **review, understand and save** this information.

During Medicare Open Enrollment (Oct. 15-Dec. 17), you will be able to change your plan for next year. If you need help understanding upcoming changes and your options, a trained SHINE counselor can help. Call 978-692-5523 for an appointment for free and confidential counseling on all Medicare and related health insurance programs.

TRANSPORTATION

For rides to medical appointments, shopping or trips to the Senior Center, call 978-399-2322 at least 48 hours in advance, to schedule a ride. Every Wednesday, trips to Market Basket are available. The cost for a round-trip ride within Westford is \$3; for surrounding towns is \$6; and for outlying towns is \$8. We also transport to: Ayer, Burlington, Chelmsford, Concord, Groton, and Lowell. Should you need to cancel the day of your ride, please **call the front desk at 978-692-5523.**

CAMERON CLOSET

MONDAY - FRIDAY, 9 A.M. - 3 P.M.

All are welcome to shop for bargains, clothing, jewelry, and household items at our thrift shop. Great purchases!

NOW ACCEPTING FALL CLOTHING & HOUSEHOLD ITEMS

~ ALL CLEAN AND IN GOOD CONDITION ~

FOOD PANTRY

The Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers. Hours are:

- **Mondays, Sept. 14 & 21** – 1:00 - 3:30 p.m.
- **Wednesdays, Sept. 2 & 16** – 8:30 - 11:30 a.m.
- **Thursdays, Sept. 3 & 17** – 8:30 - 11:30 a.m. & 6 - 8 p.m.
- **Fridays, Sept. 4 & 18** – 8:30 - 11:30 a.m.

SEEKING DONATIONS OF NON-PERISHABLE FOODS
[PLEASE NO GLASS CONTAINERS].

FITNESS REIMBURSEMENT – As an incentive for people to get fit and stay healthy, many health insurance companies offer a fitness rebate up to \$150 for participating in an approved fitness center. The Cameron Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year's fitness.

PRESCRIPTION ADVANTAGE – Need help paying for prescription drugs? Prescription Advantage, a state-run program, helps many seniors pay for these costs. There is no charge for joining, if your annual income is less than \$35,011 for a single person and \$47,191 for a married couple. There is **NO** asset limit! For information, call 978-692-5523 and ask for a SHINE appointment – or call

Financial Info

Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their website at: www.prescriptionadvantagemma.org.

The money you save can be your own!

NEED HELP PAYING FOR GROCERIES?

SNAP can assist you. If you are 60 years or older, you may qualify for food assistance. For info, call the Food Source Hotline at: 1-800-645-8333.

T.R.E.A.D APPLICATIONS

Tax Relief for the Elderly and Disabled applications are available at the Cameron front desk or by calling 978-692-5523. Adopted by the Town in 1997 under Mass Law Chapter 60, Section 3D, the purpose of the fund is to defray the real estate taxes of people over age 65 and disabled persons of low income. Completed applications were due in July; however, contact Alison Christopher, Social Worker, at 978-399-2325 about the possibility of filing late. T.R.E.A.D. awards vary yearly as funds are dependent on private individual and business donations.

No Town funds are used. Voluntary tax-deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D.

FUEL ASSISTANCE

For those who received fuel assistance last year, re-certification applications are mailed directly to recipients by CTI. Please complete and return these, ASAP, as applications are processed in the order in which they are received. If you need help, call Alison at 978-399-2325 or Annette at 978-399-2326.

New applicant appointments begin in November at the Senior Center. If you are interested in applying for fuel assistance for this heating season, call Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161. They will schedule an appointment to avoid termination of utilities.

HOUSEHOLD SIZE	MAXIMUM GROSS INCOME
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704

Seeking new volunteers. If interested, please call Katie at: 978-399-2330 or email: krussell@westfordma.gov. Help needed for:

Fitness Room: Multiple shifts available.

Cameron Closet Sales: Thursdays 12 p.m. - 3 p.m.

Meals on Wheels Drivers: A rewarding way to give back to the community. Each route takes about an hour to deliver food to the door of clients.

Newsletter: Need helpers to fold newsletters.

WISH LIST

Donations are needed for our Harvest Fair, Oct. 23-24.

We'd welcome any contributions of new craft items, knitted goods, silent auction items, gift certificates, etc.

**PLEASE DROP ITEMS OFF AT CAMERON CLEARLY
LABELED FOR THE HARVEST FAIR.**

Volunteer Corner

ACORN TO OAKS – Pen Pal Program

So many youth are technologically savvy, but do they know the joy of letter writing and receiving? We are considering reviving the program that Mickey Crocker once started. If you would be interested in writing occasional letters to a 5th grader, call 978-692-5523 to sign-up for this memorable experience.

CAMERON CLOSET – Naming Contest

We are thinking of changing the name of our thrift shop and would welcome ideas. Send your suggestions to Katie at: krussell@westfordma.gov or call 978-399-2330. Thrift shop volunteers will decide the winning name...and the winner will receive full bragging rights!

DID YOU KNOW...

YOU CAN STOP ANNOYING PHONE CALLS

Are you annoyed with telemarketer calls and automatic robotic calls that regularly occur? Thanks to a fellow

Are You Interested?

resident for sharing with us a story from the Boston Globe about ROBO calls and stopping them. He claims to have noticed a significant drop in those pesky calls. You can sign-up at www.nomorobo.com by providing your phone number, too! Check it out.

FREE SUPPLIES

We have a large quantity of “Depends” protective underwear and premium disposable “Chux” underpads to protect bedding, furniture and wheelchairs from leakage. If interested, contact Annette at 978-399-2326.

GOLF

Interested in playing 9 holes of golf Tuesday mornings at Quail Ridge on Great Road in Acton? Fee is \$25 per week, including an electric cart, if you pre-register at Cameron by calling 978-692-5523. Arrive at Quail Ridge at 8:30 a.m., pay at the Club house and be ready to hit the links by 9 a.m. A good way to meet other people! Call Cameron to register. Weekly count is necessary. Note: Sept. 8 and Oct. 13 – times are different. Arrive by 9:30 a.m. and be ready for tee off at 10 a.m.

HOLIDAY BASKETS

Donations are needed for our upcoming program providing food baskets during the holidays. For information, call Katie at 978-399-2330 or email: krussell@westfordma.gov.

SENIOR TO SENIOR INITIATIVE

Connect with a Westford Academy student and see how rewarding that can be! One such memorable connection culminated in May 2014, with 94-year old Genevieve finally graduating from Westford Academy, due to the

supportive relationship established with a WA senior student. If you have a desire to connect with a student to socialize, get computer assistance, attend WA events, etc., contact Annette at 978-399-2326.

TRAVELING POOL LEAGUE

Looking for players to start a traveling pool league to compete with other Senior Centers such as Bedford, Billerica, Chelmsford and Tewksbury.

VEHICLE DONATION PROGRAM

The Friends of the Cameron Senior Center are pleased to announce a partnership with Christmas Motors of Maynard, who will auction donated autos or trucks (running or not). 100% of the proceeds will go toward funding Cameron Senior Center programs. Your vehicle donation is tax deductible. For info, call Paul Theroux at 978-399-0289.

UPCOMING BOARD MEETINGS

COA Board – Wednesday, Sept. 9, at 4 p.m.

Friends of Cameron – Thursday, Sept. 3, at 12:30 p.m.


MUSIC MAKERS CONCERT – Friday, Oct. 2, 9:30 a.m.


Cameron’s own Music Makers chorus is having a concert! Call the Front Desk at 978-692-5523 to sign up.

SOCIAL DANCE – Wednesday, Nov. 4, at 12:45 p.m.

We’ve booked the entertaining DJ Jon Mansfield again! Hot lunch will be from 12:45-1:15 p.m. and dancing will be 1:30-3:30 p.m.

Future Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2015	1 Tuna Pasta Salad and Cucumber Salad Spinach Salad with Mandarin Oranges Soft Sandwich Roll Seasonal Fresh Fruit	2 American Chop Suey Peas Carrots Natural Grain Bread Chocolate Chip Cookie	3 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Mandarin Orages	4 Baked Salmon Roasted Seasoned Potatoes Broccoli Dinner Roll Rice & Raisin Pudding
7 CLOSED LABOR DAY HOLIDAY	8 Pineapple Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Seasonal Fresh Fruit	9 Stuffed Shells w/ Marinara Sauce Sautéed Spinach Rye Bread Seasonal Fresh Fruit	10 Italian Pot Roast Scalloped Potatoes Garlic Green Beans and Carrots Italian Bread Rice Pudding	11 CLOSED No Meals on Wheels or Lunch Served
14 Sliced Turkey Breast w/ White Cheddar Cheese over Salad Greens Marinated Four- Bean Salad Soft Sandwich Bun Lemon Cookie	15 Tomato Onion Frittata Potatoes O'Brien Chef Blend Vegetables Whole Wheat Bread Mixed Fruit	16 Macaroni and Cheese with Crumb Topping on the side Broccoli Wheat Roll Seasonal Fresh Fruit	17 Baked Breaded Chicken Red Bliss Mashed Potatoes Peas and Onions Oatmeal Bread Lemon Pudding	18 Lasagna with Meat Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit
21 Sliced Pork Roast w/Gravy Mashed Sweet Pot. Cabbage with garlic and onions and a hint of red cabbage Honey Wheat Roll Cinnamon Roll	22 Egg Salad on Shredded Lettuce Whole Wheat Pita Half English Pea Salad Oatmeal Cookie	23 Cheese Ravioli in Tomato Sauce Garlic Green Beans Oatmeal Bread Seasonal Fresh Fruit	24 Meatloaf Mashed Potatoes Sliced Carrots Natural Grain Bread Peaches	25 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Whole Wheat Bread Rice and Raisin Pudding
28 Shepherd's Pie Peas and Carrots Whole Wheat Bread Sliced Pears	29 Peached Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower Dinner Roll Seasonal Fresh Fruit	30 Low Sodium Hot Dog Baked Beans Chef Blend Vegetables Whole Wheat Hot Dog Roll Melon	Elder Services of Merrimack Valley Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert.	LUNCH 11:30 am MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2015</p>	<p>1</p> <p>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Kiwanis Cookout 5:30 pm</p>	<p>2</p> <p>Breakfast 8:30-9:30 am Food Pantry 8:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Alzheimer's Sup. 6:30 pm</p>	<p>3</p> <p>Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Food Pantry 6-8 pm Bingo 6:45 pm</p>	<p>4</p> <p>Breakfast 8:30-9:30 am Food Pantry 8:30 am Ping Pong 10 am Wii 1 pm</p>
<p>7</p> <p>CLOSED LABOR DAY HOLIDAY</p>	<p>8</p> <p>Men's Breakfast 8 am Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Blood Pressure 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</p>	<p>9</p> <p>Breakfast 8:30-9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>10</p> <p>Women's Breakfast 8 am Veterans Services 8 am Breakfast 8:30-9:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Italian Sausages 11:30 am Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm</p>	<p>11</p> <p>Breakfast 8:30-9:30 am Ping Pong 10 am Lunch & Learn 12:15 pm Wii 1 pm Memoir Writing 1:30 pm</p>
<p>14</p> <p>Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Hearing Clinic 9:30 am Podiatry 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon Mahjongg Lessons 1 pm SHINE 1 pm Food Pantry 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</p>	<p>15</p> <p>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Ask the Lawyer 9 am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</p>	<p>16</p> <p>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>17</p> <p>Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30 am Basic Zumba 9 am Genealogy Presentation 10 am Chair Movement 10 am Watercolor Lessons 10 am Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm Food Pantry 6-8 pm Bingo 6:45 pm</p>	<p>18</p> <p>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am "Totie Fields Show" 1 pm Wii 1 pm Memoir Writing 1:30pm</p>
<p>21</p> <p>Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Food Pantry 1 pm Mahjongg Lessons 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</p>	<p>22</p> <p>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</p>	<p>23</p> <p>Breakfast 8:30-9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>24</p> <p>Veterans Services 8 am Breakfast 8:30-9:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Lessons 10 am Sept. Birthday 's 12:30 pm Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm De-Cluttering Group 3 pm Bingo 6:45 pm</p>	<p>25</p> <p>Breakfast 8:30-9:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm Memoir Writing 1:30pm Movie 1:30 am</p>
<p>28</p> <p>Blood Pressure 8 am Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Mahjongg Lessons 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</p>	<p>29</p> <p>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</p>	<p>30</p> <p>Breakfast 8:30-9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Fitness Camp 1:30 pm Gentle Yoga 1:30 pm Spaghetti Supper 4 pm</p>		

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PAYMENT TO ‘TOWN OF WESTFORD’ IS DUE AT SIGN-UP.

**TRANSPORTATION DEPARTS AND RETURNS FROM THE FRANCO AMERICAN CLUB, 55 WEST PRESCOTT ST.
PLEASE PARK AT THE REAR OF THE LOT.**

Tuesday, Sept. 29 – “New York’s 9/11 Memorial & Museum.” Fox Tours presents this all-day event, departing at 6:30 a.m. A quick stop for breakfast/coffee is along the way. Arrive at Ground Zero and visit the 9/11 Memorial & Museum. Afterward, visit Rockefeller Center and midtown Manhattan to view the sights. Return at 10:30 p.m. All-inclusive trip cost (including gratuity) is \$102 p/p.

Tuesday, Oct. 6 – “Mohawk Trail Foliage Tour.” Fox Tours’ relaxing trip departs at 8:45 a.m. Travel west along the Mohawk Trail through Mass; visit Shelburne to see the famous Bridge of Flowers; enjoy a lunch at Chandler’s with choice of baked scrod or chicken. Afterward, travel south to Pioneer Valley and visit Atkins Farm for shopping.

All-inclusive trip cost (including gratuity) is \$68 p/p.

Tuesday, Oct. 6 – Foxwoods. Buckingham Motor Coach departs at 7:15 a.m. Includes bonus and food coupon. Bus fare (including gratuity) is \$30 p/p.

Tuesday, Nov. 10 – “Manhattan Dolls Through the Decades Honoring New England Veterans.” Best of Times presents this Manhattan Dolls musical performance at the Flying Monkey in Plymouth, NH. The repertoire blends beautiful ballads and toe-tapping tunes from the 1930s to the 1960s. The show features classic USO fashion and honors our brave men and women in the military. Buffet luncheon at the Common Man Inn in Plymouth. Entrees: Yankee pot roast or baked lasagna. All-inclusive trip cost (including gratuity) is \$88 p/p.

Thursday, Dec. 31 – “New Year’s Eve Day Trip.” Best of Times presents a cabaret show at the Hilton Double Tree in Leominster, MA, featuring Jan Peters and a music selection of popular Broadway and standard tunes, as well as material from promising new song writers. There will also be dancing to the Tom LaMark Orchestra. Meal choice of baked scrod or prime rib/roast sirloin/sirloin steak. All-inclusive cost (including gratuity) is \$92 p/p.